

Cooking for Kids

Recipe Sizing Report

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Feb 14, 2022

000346 - Spaghetti with MeatBalls CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #3 Complex Food Preparation Number of Portions: 25 Size of Portion: 1/2 Cup	Meat/Alt: 1.5 oz Grains: 1.5 oz Fruit: Vegetable: 0.25 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
007972 MEATBALLS,FRZ,ITALIAN STYLE.....	2 lbs + 5 1/3 ozs	1. Place meatballs in baking dish, cover, and heat in 350° F oven for 15 minutes or until the internal temperature reaches 165° F. Hold hot for service.
799984 PASTA, PENNE, MULTI-GRAIN, DRY..... 014429 BEVERAGES,H2O,TAP,MUNICIPAL.....	1 lb + 2 2/3 ozs 16 cups	2. Boil pasta in water until tender, following the package instructions. Drain and place back into pot.
051497 Spaghetti Sauce, Low-sodium, Canned... 901071 OREGANO LEAVES,DRIED..... 002030 PEPPER,BLACK.....	2 1/2 cups 5/8 TSP 5/8 TSP (ground)	3. Add marinara sauce, oregano, and pepper to pasta and heat until internal temperature reaches 135° F. Place pasta into serving dishes. Serve as 1/2 cup portions and with 2 meat balls per serving.

*Nutrients are based upon 1 Portion Size (1/2 Cup)

Calories	216 kcal	Cholesterol	28 mg	Sugars	*2.6* g	Calcium	47.46 mg	43.85%	Calories from Total Fat
Total Fat	10.50 g	Sodium	312 mg	Protein	9.07 g	Iron	1.54 mg	14.54%	Calories from Saturated Fat
Saturated Fat	3.48 g	Carbohydrates	21.29 g	Vitamin A	91.1 IU	Water ¹	*174.26* g	*1.02%*	Calories from Trans Fat
Trans Fat ²	*0.24* g	Dietary Fiber	1.87 g	Vitamin C	1.2 mg	Ash ¹	*1.27* g	39.51%	Calories from Carbohydrates
								16.83%	Calories from Protein
N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient * - denotes combined nutrient totals with either missing or incomplete nutrient data ¹ - denotes optional nutrient values ² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.									

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.